



St. Mark Catholic Elementary

Home of the Mountain Lions

A Member of the Blessed Trinity Family of Schools

Prayer for Lent

Loving God,

As the season of Lent unfolds, you call us to return again and again.

As you invite us to reflect on your love made visible in the person of Jesus, align our lives more closely with you through prayer, fasting and generous giving.

Bless our desire to accompany Jesus' suffering here and now in the crucified people of our world.

With your grace, may we live Lent fully and move with transformed hearts into the abundant life of Easter morning.



Amen.

KINDERGARTEN REGISTRATION



Time for Kindergarten Registration

On Tuesday, February 4th, we had our Kindergarten Open house. A very big thank you to our amazing office staff and Kinder team for the information shared with new families. If you know of families who are moving into the area, please have them visit

<https://niagaracatholic.ca/registration/elementary/#> or stop by our office to complete a registration form.

Daylight Savings Time

Springing forward!!!

When local standard time reaches 2:00 am on Sunday, March 9, 2025 clocks are turned **forward** 1 hour to 3:00 am. We advance clocks during warmer months so that darkness falls at a later clock time.



March Break

Our March Break is March 10th to March 14th. Students return to school on Monday, March 17th, 2025. If you are planning on taking a vacation earlier or will be away later, please ensure that you report the dates on the Safe Arrival System.



World Down Syndrome Day - March 21, 2025

World Down Syndrome Day (WDSY) , March 21st, is a global awareness day which has been officially observed by the United Nations since 2012.

The date for WDSY being the 21st day of the 3rd month, was selected to signify the uniqueness of the triplication (trisomy) of the 21st chromosome which causes Down syndrome.



On March 21, staff and students are encouraged to wear their most fun and colourful socks to raise awareness about Down Syndrome.

Please visit the Canadian Down Syndrome Society at <https://cdss.ca/> or the World Down Syndrome Day site at <https://www.worlddownsyndromeday.org/about-wdsd> to learn about Down Syndrome and how you can make a difference.



Prayer to Recognize World Down Syndrome Day

Blessed are you who take the time to listen to difficult speech, for you help me to know that if I persevere, I can be understood.

Blessed are you who never bid me to "hurry up" or take my tasks and do them for me, for I often need time, rather than help.

Blessed are you who stand beside me as I enter new and untried ventures, for my failures will be outweighed by the times I surprise myself and you.

Blessed are you who, with a smile, encourage me to try once more. Blessed are you who respect me and love me just as I am.

"You are the one who put me together inside my mother's womb, and I praise you because of the way you created me." (Psalm 139:13-14)

May God bless all those with Down syndrome and those who love and respect them as a wonderful Child of God.

In Jesus' name we pray.

Amen.

Around the School in February



Jr. Girls and Boys Basketball Tournament

Congratulations to the Junior Girls Basketball team for winning the West Wing Basketball Tournament on February 19th. The team dominated the court both with their offensive and defensive skills! Mrs. Duffy and Mrs. Cormier are very proud of the girls for their team spirit and sportsmanship!

The Junior Boys basketball team was hosted at St Martin School on March 20th for our Blessed Trinity Family of Schools tournament. After winning their first two games they faced stiff competition in the semi-finals beating St Edward's school in overtime. The boys fought hard but were defeated in the finals by Our Lady of Fatima. The boys should be very proud of their second place finish and well earned silver medals.

VEX

The Intermediate VEX Robotics team recently competed at Loretto School, showcasing their impressive engineering and programming skills. Teams from various schools participated, each presenting their uniquely designed robots to complete challenging tasks. The competition was intense, with students demonstrating remarkable teamwork, dedication and problem-solving abilities. Overall, St. Mark placed 4th and 7th out of 21 teams. Their next tournament will be at the end of March, where they will participate at the NCDSB Skills competition. Keep up the excellent work!



Honoring Black History Month

Every February, people across Canada participate in Black History Month events and festivities that honour the legacy of Black people in Canada and their communities.

The 2025 theme for Black History Month was: "Black Legacy and Leadership. Check out some of the activities that took place in our classrooms from Kindergarten to Grade 8. These activities engaged our students in learning about the stories Black communities in Canada have to tell about their histories, successes, sacrifices and triumphs.



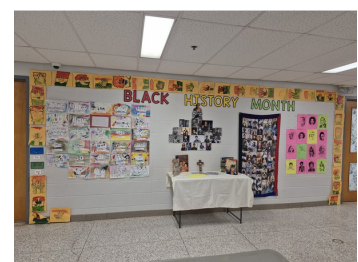
Ms. McLaughlin's Class

During the month of February, students in Grade 6 have been learning about important people in history and in the present. Here are some of the people that they have learned about: Kobe Bryant, Rosa Parks, Serena Williams, Martin Luther King Jr., and Barack Obama.



Ms. Foster's Class

Here is a photo from the 5/6 class. Students chose and researched a black Canadian athlete and created a sports card of them. On the front they included an image of the athlete and on the back they included important information and statistics about them.



Black History Month Collage

We had multiple classes showcase their Black History Month projects in our front foyer. Our students worked hard on their projects and they turned out amazing!

Kids Helping Kids Success

Throughout our three-week drive to support the Niagara Children's Centre and the Niagara Foundation for Catholic Education, the staff and students at St. Mark have raised over \$850. The students enjoyed twins day, jersey day, red & pink day and monochrome day. Thank you for your generosity and continued support.



Twins Day

This was the day to dress the same as someone you know.



Red & Pink Day

Red & Pink Day to show our Valentine spirit.



Monochrome Day

Colour coordination was the theme of the day.

We need your voice 📣 Save the Date - Thursday May 8th, 2025

CELEBRATING CULTURE AND DIVERSITY



What: Open discussion forum to celebrate and explore diversity and culture at St. Mark and to create future action plans

Who: Any parents/guardians of St. Mark students

Why: To foster a school climate where everyone feels valued, respected, and included

Where: St. Mark school gymnasium

Format: Doors open at 6:00 for light snacks/beverages

Welcome address by Rich Alderson (Administrator Candidate)

Small group discussion based on 3 guided topics

Large group discussion to contemplate findings and action plans

Please RSVP to: richard.aldersonencdsb.com by April 30th, 2025

THURSDAY, MAY 8TH

6:00PM-7:30PM

Niagara Region Public Health School Health Newsletter

March 2025

NEW Quit Vaping Program for Youth

The Centre for Addiction and Mental Health (CAMH) is excited to launch **Youth-Vaping, Substance use, and Technology (VAST)**. Youth-VAST is a program for youth in Ontario who are using vaping, substances, or feel like technology is taking up too much of their time. This program brings together existing and new resources across CAMH to deliver virtual services directly to youth and their family.

- Program offered for youth ages 12-21 years.
- Appointments are offered virtually for youth all over Ontario
- Youth will be assigned a care coordinator to create a customized treatment plan
- Individuals can self-refer directly into this program, no physician referral required.



To refer, visit [Youth-VAST](#) to book an appointment or email youth.vast@camh.ca for more information.

World Sleep Day – March 14th

Sleep is important for physical and mental health, yet many children and youth just don't get enough. Lack of sleep may cause a number of health problems and have a big impact on your child's school performance, behaviour and mental health.



How much sleep does my child/youth need?

AGE	RECOMMENDED SLEEP
Ages 3-5 (Preschoolers)	10-13 hours per day
Age 6-12	9-12 hours per day
Ages 13-18	9-10 hours a night

Source: Recommended amount of sleep for pediatric populations, from the American Academy of Sleep Medicine, 2016

Here are a few tips to consider that may help youth sleep better:

- **Limit naps** – some kids are really tired when they get home from school. A short nap can be helpful, but long naps can interfere with nighttime sleep. Consider keeping after school naps short, no more than 30-60 minutes.
- **Spend at least 1.5 hours outside during daylight hours** – natural light from outside helps set the body's internal clock. This is also important for helping a child's eyes develop properly and prevent nearsightedness.

- **Have an electronic curfew** – it can be helpful to have any electronic screens turned off 1-2 hours before bed. Avoiding screens will reduce blue light and help the brain produce melatonin, a hormone that controls the sleep-wake cycles.
- **Have a regular bedtime routine** – typical routines can include brushing teeth, having a bath or shower, putting on pajamas, going to the bedroom and doing relaxing activities such as reading, drawing, writing, or listening to calming music.

For more information, visit [caringforkids.ca](https://www.caringforkids.ca) - healthy sleep

Source: <https://www.cheo.on.ca/en/resources-and-support/resources/P5643E.pdf>

Nutrition Month 2025

March is **Nutrition Month!** This annual campaign has been created by the [Dietitians of Canada](https://www.dietitians.ca) to highlight the importance of making informed food choices and developing both balanced eating and physical activity habits. Adults have a unique opportunity to help youth learn that healthy eating is more than the foods they eat. Below are some helpful resources to encourage healthy behaviours in children.



- [Building Healthy Eating Habits](#) | [Support Your Picky Eater](#)
- Visit [unlockfood.ca](https://www.unlockfood.ca) for recipes, food allergies, [menu planners](#), and to find a Dietitian
- Check out this [free downloadable e-recipe](#) book from a previous Nutrition Month
- For more support around healthy eating, visit [Healthy eating for parents and children - Canada's Food Guide](#)

BT Corner

Blessed Trinity has reached the halfway point of the year with our students' completing exams and getting ready for the beginning of Semester 2. We also welcome back our new Principal, Mrs.

Moscato, who was previously Vice-Principal a few years back.

February also saw the end of some of our Winter sports seasons.

Our Jr. Boys Basketball team had a very successful season falling

just short of an NCAA championship with a close loss to Denis Morris. Other teams like our wrestling team are continuing with play-offs with hopes of qualifying for SOSSA or even OFSAA championships.

Our BT students also began the course selection process for next year as our Grade 8's were completing the process. By now all grade 8 students attending BT next year will have submitted their course selections and paid their registration fee. Some one from our Student Services Department will be back in the next few weeks with Verification forms so students can confirm their course selections or make any changes.

Please contact Blessed Trinity – Mr. John Cino – 905-945-6706 Ext. 2330 or Mrs. Rose Bianco Ext. 2312, if any Grade 8 parent has any questions.





St. Mark Catholic

March 2025

A Member of the Blessed Trinity Family of Schools

							1 Mass: St. Helen Church 5:00 p.m.
2 Mass: St. Helen Church 9:00 a.m.&11:00 a.m.	Day 3 Gr.7 & 8 Snow Tubing @ Chicopee 	Day 4 Shrove Tuesday 	Day 5 Ash Wednesday Assembly 	Day 1 PIZZA	Day 2 		8 Mass: St. Helen Church 5:00 p.m.
9 Mass: St. Helen Church 9:00a.m.&11:00a.m. Daylight Savings 							15 Mass: St. Helen Church 5:00 p.m.
16 Mass: St. Helen Church 9:00 a.m.&11:00 a.m.	Day 3 Out of Dress Code St.Patrick's Day! Wear GREEN	Day 4 	Day 5 VEX Tournament @ St.Michael Shawarma by	Day 1 PIZZA	Day 2 		22 Mass: St. Helen Church 5:00 p.m.
23/30 Mass: St. Helen Church 9:00 a.m.&11:00 a.m.	Day 3 6pm CSC meeting	Day 4	Day 5	Day 1	Day 2		29 Mass: St. Helen Church 5:00 p.m.
	Day 3 Book Fair Begins			PIZZA			



March 2025 Calendar.pdf

Download

303.4 KB

St. Mark Catholic Elementary School

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Vice Principal

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Jennifer DeCoff

Jennifer is using Smore to create beautiful newsletters

